



















# Lifebridge Calendar - Sept 2023

Contact Colleen - 1800 043 186

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p><b>Important!</b> Bring sun protection, suitable footwear, food and water. Don't forget to check costs for daily activities.</p>				<p>(9am to 3pm) <b>1</b> <b>Active &amp; Social Sports Club</b> M/T - Tugun Park and Putt Putt Golf</p>	<p><b>2</b></p>	<p><b>3</b></p>
<p>(9am to 3pm) <b>4</b> <b>Health &amp; Wellbeing</b> Cooking, ind living skills, games Cheese and Spinach Omelette with Greek Salad </p>	<p>(9am to 3pm) <b>5</b> <b>Creative Relationships</b> Tyalgum Bush Walk and BBQ Picnic Cost \$10.00 </p>	<p>(9am to 3pm) <b>6</b> <b>Sailing</b> Cost - \$10.00 <b>Fishing Club</b> Anchorage </p>	<p>(9am to 3pm) <b>7</b> <b>Music &amp; Culture</b> Murwillumbah Gallery and Museum </p>	<p>(9am to 3pm) <b>8</b> <b>Active &amp; Social Sports Club</b> M/T - Jack Evans Park Basketball/Pickleball Cost - \$3.00</p>	<p><b>9</b></p>	<p><b>10</b></p>
<p>(9am to 3pm) <b>11</b> <b>Health &amp; Wellbeing</b> Cooking, ind living skills, games Irish Stew with Sweet Potato Mash </p>	<p>(9am to 3pm) <b>12</b> <b>Creative Relationships</b> Swell Sculpture Festival, Currumbin Beach and BYO Picnic Lunch</p>	<p>(9am to 3pm) <b>13</b> <b>Sailing</b> Cost - \$10.00 <b>Fishing Club</b> Kennedy Drive </p>	<p>(9am to 3pm) <b>14</b> <b>Music &amp; Culture</b> SWELL Sculpture Festival, Currumbin Beach </p>	<p>(9am to 3pm) <b>15</b> <b>Active &amp; Social Sports Club</b> M/T - Fingal Indoor Lawn Bowls </p>	<p><b>16</b></p>	<p><b>17</b></p>
<p>(9am to 3pm) <b>18</b> <b>Health &amp; Wellbeing</b> Cooking, ind living skills, games Country Meatloaf with vegetables </p>	<p>(9am to 3pm) <b>19</b> <b>Creative Relationships</b> Pom Pom key rings Today is International Talk Like a Pirate Day </p>	<p>(9am to 3pm) <b>20</b> <b>Sailing</b> Cost - \$10.00 <b>Fishing Club</b> Sailing Pontoon </p>	<p>(9am to 3pm) <b>21</b> <b>Music &amp; Culture</b> Ten Pin Bowling Cost - \$15.00 </p>	<p>(9am to 3pm) <b>22</b> <b>Active &amp; Social Sports Club</b> M/T - Budd Park Hydrotherapy Cost - \$6.00</p>	<p><b>23</b> </p>	<p>8.30am - 5.30pm <b>24</b> <b>Mystery Tour</b> Outback Spectacular Show - (includes three course meal) By invitation</p>
<p>(9am to 3pm) <b>25</b> <b>Health &amp; Wellbeing</b> Cooking, ind living skills, games Pumpkin and Cheese Soup with crusty bread </p>	<p>(9am to 3pm) <b>26</b> <b>Creative Relationships</b> Glitter Jars </p>	<p>(9am to 3pm) <b>27</b> <b>Sailing</b> Cost - \$10.00 <b>Fishing Club</b> Fingal </p>	<p>(9am to 3pm) <b>28</b> <b>Music &amp; Culture</b> Ballina Bird Hospital </p>	<p>(9am to 3pm) <b>29</b> <b>Active &amp; Social Sports Club</b> M/T - Ray Pascoe Park Gym Equipment activities - Burleigh</p>	<p><b>30</b></p>	

# OVERVIEW OF OUR GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HEALTH AND WELLBEING</b>	<b>CREATIVE RELATIONSHIPS</b>	<b>SOCIAL COMMUNITY SAILING &amp; FISHING</b>	<b>MUSIC AND CULTURE</b>	<b>ACTIVE AND SOCIAL SPORTS</b>	<b>WEEKEND PROGRAMS</b>
<p>Health &amp; wellbeing Program supports participants to learn about the importance of health &amp; wellbeing while increasing their independent living skills.</p> <p>This is achieved through a program of cooking, independent living skills and social games.</p>	<p>Tuesdays Creative Relationships group is where we get creative and social.</p> <p>We explore different art and craft techniques that are fun, relaxing and are designed to support the learning of new skills.</p> <p>For those who like to be outdoors we also get creative in the garden!</p>	<p>Wednesday Social Community Sailing and fishing group held at Sail-ability on Dry Dock Road Tweed Heads South.</p> <p>Customers have an option to Sail, be social with their friends and go fishing</p>	<p>Thursday Group Music &amp; Culture explores music, inclusive of playing, listening, singing, attending live music session and cultural venues in our community building friendships and social skills.</p>	<p>Friday Active and Social sports club is to support participants who want to increase their health and fitness by being active in a variety of sports in their local community while building relationships and developing friendships in a supportive environment.</p>	<p>Once a month Saturday mystery tours are by invitation.</p> <p>Weekend programs and virtual programs as per calendar.</p>

Please visit our website - <https://lifebridge.org.au> for further details.

The calendar overleaf details what is planned each day for the month. The time indicated is when pick up commences from and when drop off ends.